



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
SECTION FOR CHILD CARE REGULATION  
**SAMPLE WEEKLY MENU**

FACILITY NAME		FACILITY NUMBER		DATE	
<b>MEALS AND SNACKS SHALL BE PLANNED ACCORDING TO THE MEAL AND SNACK CHART PROVIDED ON THE REVERSE SIDE OF THIS FORM.</b>					
BREAKFAST OR A.M. SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST REQUIREMENT</b> 1 serving selected from each of the following: <ul style="list-style-type: none"><li>▪ Fluid milk</li><li>▪ Juice or fruit or vegetable</li><li>▪ Bread or bread alternate</li></ul> <p>-OR-</p> <b>A.M. SNACK REQUIREMENT</b> Servings selected from 2 of the following: <ul style="list-style-type: none"><li>▪ Fluid milk</li><li>▪ Juice or fruit or vegetable</li><li>▪ Meat or meat alternate</li><li>▪ Bread or bread alternate</li></ul>					
LUNCH / SUPPER					
<b>LUNCH / SUPPER REQUIREMENT</b> Servings selected from each of the following: <ul style="list-style-type: none"><li>▪ 1 serving fluid milk</li><li>▪ 2 servings fruit and/or vegetable</li><li>▪ 1 serving meat or meat alternate</li><li>▪ 1 serving of bread or bread alternate</li></ul>					
P.M. SNACK					
<b>P.M. SNACK REQUIREMENT</b> Servings selected from 2 of the following: <ul style="list-style-type: none"><li>▪ Fluid milk</li><li>▪ Juice or fruit or vegetable</li><li>▪ Meat or meat alternate</li><li>▪ Bread or bread alternate</li></ul>					

	FOOD COMPONENTS	AGE 1 AND 2	AGE 3 THROUGH 5	AGE 6 THROUGH 12
<b>BREAKFAST</b> REQUIREMENT 1 serving selected from each of the following: <ul style="list-style-type: none"><li>▪ Fluid milk</li><li>▪ Juice or fruit or vegetable</li><li>▪ Bread or bread alternate</li></ul>	FLUID MILK  JUICE ** OR FRUIT OR VEGETABLE  BREAD OR BREAD ALTERNATE *	$\frac{1}{2}$ cup  $\frac{1}{4}$ cup  $\frac{1}{2}$ slice *	$\frac{3}{4}$ cup  $\frac{1}{2}$ cup  $\frac{1}{2}$ slice *	1 cup  $\frac{1}{2}$ cup  1 slice *
<b>SNACK</b> REQUIREMENT Servings selected from 2 of the following: <ul style="list-style-type: none"><li>▪ Fluid milk</li><li>▪ Juice or fruit or vegetable</li><li>▪ Meat or meat alternate</li><li>▪ Bread or bread alternate</li></ul>	FLUID MILK  JUICE** OR FRUIT OR VEGETABLE  MEAT OR MEAT ALTERNATE  BREAD OR BREAD ALTERNATE *	$\frac{1}{2}$ cup  $\frac{1}{2}$ cup  $\frac{1}{2}$ ounce  $\frac{1}{2}$ slice *	$\frac{1}{2}$ cup  $\frac{1}{2}$ cup  $\frac{1}{2}$ ounce  $\frac{1}{2}$ slice *	1 cup  $\frac{3}{4}$ cup  1 ounce  1 slice *
<b>LUNCH/SUPPER</b> REQUIREMENT Servings selected from each of the following: <ul style="list-style-type: none"><li>▪ 1 serving fluid milk</li><li>▪ 2 servings fruit and/or vegetable</li><li>▪ 1 serving meat or meat alternate</li><li>▪ 1 serving of bread or bread alternate</li></ul>	FLUID MILK  FRUIT/VEGETABLE <ul style="list-style-type: none"><li>1 Vegetable and 1 Fruit Or</li><li>2 Different Vegetables Or</li><li>2 Different Fruits</li></ul> MEAT OR MEAT ALTERNATE <ul style="list-style-type: none"><li>Meat/ Poultry/Fish/Cheese Or</li><li>Egg Or</li><li>Cooked Dry Beans/Peas Or</li><li>Peanut Butter</li></ul> BREAD OR BREAD ALTERNATE*	$\frac{1}{2}$ cup  $\frac{1}{4}$ cup total  1 ounce  1  $\frac{1}{4}$ cup  2 tablespoons  $\frac{1}{2}$ slice *	$\frac{3}{4}$ cup  $\frac{1}{2}$ cup total  $1 \frac{1}{2}$ ounces  1  $\frac{3}{8}$ cup  3 tablespoons  $\frac{1}{2}$ slice *	1 cup  $\frac{3}{4}$ cups total  2 ounces  1  $\frac{1}{2}$ cup  4 tablespoons  1 slice *

\* Or an equivalent serving of an acceptable bread alternate such as corn bread, biscuits, rolls, muffins, cereal, rice, pasta, etc.

\*\* All fruit juices shall be 100% fruit juice.